

# 2019 Cereal City Classic Schedule of Events

## FRIDAY

### Gym B

#### Modified Capital Cup

##### Session 2: XCEL GOLD A

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:10am
TIMED WARM UP	8:20am
COMPETITION BEGINS	8:34am
AWARDS	12:05pm

##### Session 4: XCEL GOLD B

CHECK IN/GENERAL STRETCH	12:15pm
INTRODUCTIONS	12:25pm
TIMED WARM UP	12:35pm
COMPETITION BEGINS	12:49pm
AWARDS	4:20pm

##### Session 6: XCEL SILVER A

CHECK IN/GENERAL STRETCH	4:30pm
INTRODUCTIONS	4:40pm
TIMED WARM UP	4:50pm
COMPETITION BEGINS	4:58pm
AWARDS	7:00pm

##### Session 7: XCEL SILVER B

CHECK IN/GENERAL STRETCH	7:15pm
INTRODUCTIONS	7:25pm
TIMED WARM UP	7:35pm
COMPETITION BEGINS	7:44pm
AWARDS	9:50pm

### Gym A

#### Modified Capital Cup

##### Session 1: LEVEL 7

CHECK IN/GENERAL STRETCH	8:00am
INTRODUCTIONS	8:20am
TIMED WARM UP	8:30am
COMPETITION BEGINS	8:48am
AWARDS	11:45am

##### Session 3: LEVEL 8

CHECK IN/GENERAL STRETCH	12:00pm
INTRODUCTIONS	12:20pm
TIMED WARM UP	12:30pm
COMPETITION BEGINS	12:48pm
AWARDS	3:40pm

##### Session 5: LEVEL 9/10 & XCEL DIAMOND

CHECK IN/GENERAL STRETCH	4:00pm
INTRODUCTIONS	4:20pm
TIMED WARM UP	4:30pm
COMPETITION BEGINS	4:50pm
AWARDS	7:45pm